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**DOCTORED ICE CREAM**
NUKE UNTIL SOFT, THEN MIX IN SOME GOODIES {page 11}

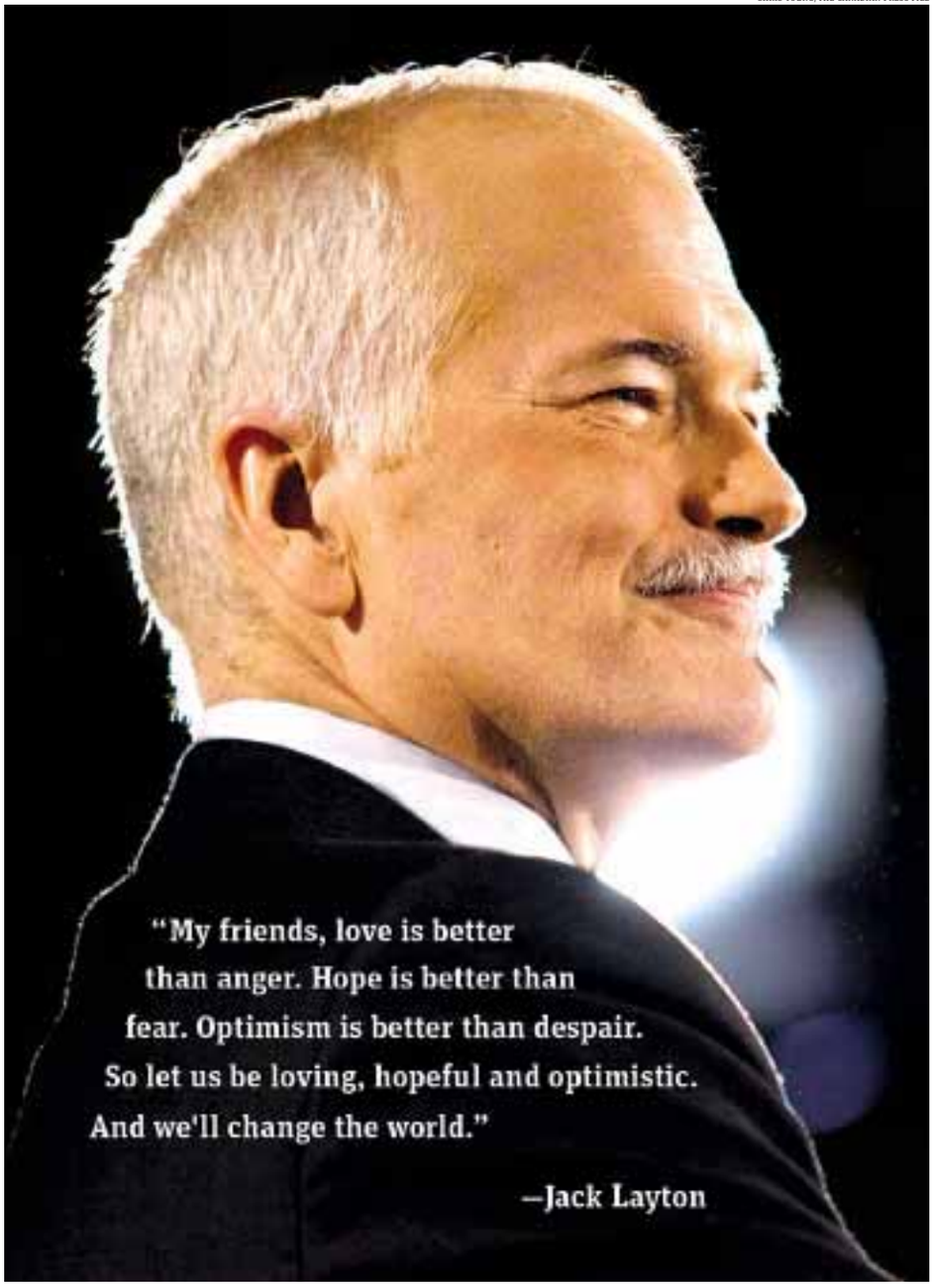
# NEW DAD
BENICIO'S FORMER FLAME HAS BABY GIRL {page 9}

LONDON metro®

Tuesday, August 23, 2011
www.metronews.ca

News worth sharing.

CHRIS YOUNG/THE CANADIAN PRESS FILE


"My friends, love is better
than anger. Hope is better than
fear. Optimism is better than despair.
So let us be loving, hopeful and optimistic.
And we'll change the world."
—Jack Layton

# Bye, Jack

## Londoners mourn NDP Leader Layton
## Memories, grief shared on social media

Here's what some Londoners, using Twitter and Facebook, said about NDP Leader Jack Layton, who died from cancer yesterday at age 61. We also asked: How will you remember him?

- **@miss_janet_a** "I'll remember #JackLayton as the man who gave us hope but then was stolen frm us 2 soon. Canada's a better place bec of him!"
- **Stacey Swartz:** "How he gave the 'Young Canadians' a voice."
- **Sara Middleton:** "as someone who inspired many non-voting Canadians to exercise their right to vote!"
- **@UWO_HopeShine** "RIP Jack Layton. It is people like you that inspire us to fight cancer. A true Canadian hero that will be missed. #uwo #UniteToFight"
- **@TheDonaldNorth** "Seeing Jack Layton walking in Toronto Pride early 90s — years before it was cool 4 a politician — never a photo op!"
- **@NikkehSass** "Read his letter to Canadians just now. "...let us be loving, hopeful and optimistic. And we'll change the world." Will do."

Premier Dalton McGuinty, speaking at the Association of Municipalities of Ontario conference at the London Convention Centre, called Layton "a tireless champion for our communities and our people" who never shrank from a fight.

Layton was "always interested in issues of immediate concern to families and workers," McGuinty said.

METRO

More coverage {page 4}

## Mayor Fontana's condolences

*Mayor Joe Fontana's statement on the passing of Jack Layton:*

I was extremely saddened to hear this morning of the passing of my friend and colleague, Jack Layton. On behalf of London city council and all Londoners, I wish to extend sincere condolences to Olivia (Chow) and the Layton family. Our thoughts and prayers go out to them at this very difficult time.

Jack was a man of strong convictions and an enviable passion for his country. He served Canada with dignity, boundless energy and unwavering commitment. Today we remember and honour him for all the things that made him Jack, his compassion, his wit and his love of country. We stand together as Canadians in mourning.

He will be missed.

1 news

Investment adviser Allan Small on why investors should stick to the stocks they know. Scan code for story.

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**On the web at metronews.ca**

**Friends and colleagues remember NDP leader Jack Layton. Video at metronews.ca.**

Follow us on Twitter @themetrolondon

# Downtown beating rattles local couple

**Police investigating assault ▶ At least four people involved in beating: Victims**

ANGELA MULLINS/METRO

▶ Christopher Campbell, 41, and his girlfriend, Jacqui Gallant, 47, both of London, were assaulted early Saturday while grabbing a bite to eat at a sausage stand near Richmond and York streets. Campbell's left cheek was fractured, his upper lip was split and he has stitches in his left eyebrow. Gallant has a black eye and bruises on her back. Police are investigating.

ANGELA MULLINS
@METRONEWS.CA

**"We weren't doing anything to hurt anyone. We were just having fun. If it wasn't us, it would have been someone else."** CHRISTOPHER CAMPBELL

Christopher Campbell was having the time of his life.

He'd spent the evening with his new girlfriend and had met up with friends for pool and a few laughs downtown.

That all changed at about 2:30 a.m. Saturday when Campbell and his girlfriend, Jacqui Gallant, stopped at a sausage stand behind the New Yorker nightclub at 333 Richmond St.

"A guy came up and started mouthing off. … He said, 'How does a nerd like you get a girl like that,'" Campbell, 41, of London, said.

A few more words were exchanged and minutes later Campbell was hit from behind — his glasses went flying and a loud "crack" resonated in Gallant's ears.

"From there, everything just kind of went white," Campbell said.

He wound up on the ground, and from there remembers two things very clearly — being kicked from both sides and thinking he was going to die.

"It was boots, boots, boots," Campbell said. "I looked down and there was blood pouring out of me."

His girlfriend was caught in her own brawl. The man with whom the disagreement had started was joined by at least two others and one woman, Campbell and Gallant said.

The woman jumped on Gallant, leaving choke marks around the 47-year-old London woman's neck, biting one of her hands and bruising her back.

The beating — which London police are investigating as a fight that escalated to an assault — stopped when a car pulled up and it was indicated someone had called 911. By then, Campbell had crawled about 10 metres. Gallant found him crumpled on the ground near Richmond and York streets.

The couple waited there — Campbell's eyes open but vacant — until police arrived and an ambulance took Campbell to London Health Sciences Centre.

There, doctors stitched up his split upper lip, put three stitches in his left eyebrow and told him his left cheek had been fractured.

By yesterday, their injuries had started to heal. Most of the swelling was gone from Campbell's cheeks and his stitches were barely visible from a distance.

But the internal scars are likely to linger for some time.

"I've never been afraid downtown; never, ever been afraid," said Gallant, who co-owned a business downtown for 15 years.

"I'm not going to stop living. But maybe I'll take a cab next time … even if it is a beautiful night."

## Downtown fights not uncommon, say police

Const. Dennis Rivest of the London police said what happened to the couple isn't uncommon.

"If you go downtown on any Friday, Saturday or Sunday night there are fights. … I don't see it as (something that's happening more often)," he said. "It is an issue, though … (and) that issue is being addressed."

Rivest said police are taking action through a big presence downtown — including officers on foot and bicycle patrol.

ANGELA MULLINS

ANGELA MULLINS/METRO

▶ A picture of Christopher Campbell's injuries.

## $22K worth of drugs found in home

Police responding to a 911 call from a homeowner about a person in the home with a firearm found something else instead: A large quantity of drugs.

On Saturday afternoon, London police arrived at an address on Queens Avenue to investigate the 911 call. There was no one with a firearm, and they got a search warrant after finding drugs.

That night, London police and RCMP seized 2,052 grams of marijuana and 180 grams of psilocybin worth a total of $22,320, as well as $1,200 cash. London residents Christopher Warrington, 22, Alysha Smithers, 25, and 26-year-old Ryan Fleming face drug-trafficking charges. METRO

## Elmo's on his way

Sesame Street Live is bringing Elmo Makes Music to the RBC Theatre at the John Labatt Centre for two shows on Oct. 26 (10:30 a.m. and 7 p.m.).

Tickets go on sale Wednesday, Aug. 31, at 10 a.m. Prices are $20, $30, $35 and $45. There are also $65 Sunny Seat packages, which include front-row seats and a pre-show meet-and-greet with two Sesame Street Live cast members.

To get tickets by phone, call 866-455-2849. Tickets may also be purchased online at johnlabattcentre.com, or in person at the JLC box office, Masonville Place guest services, UWO Book Store, Books Plus and the Fanshawe College Biz Booth. METRO

## Last chance to vote

Polls close today at 10 a.m. in Canada's Favourite Ballpark semifinal at baseball.ca. If Labatt Park beats Stade Fernand-Bédard from Trois-Rivières, Que., it will be pitted against Thunder Bay's Port Arthur Stadium in the final. METRO

# McGuinty sees a bright future

## Ontario premier met privately yesterday with city leaders

ANGELA MULLINS
@METRONEWS.CA

There's no doubt London is facing economic challenges, Premier Dalton McGuinty said yesterday.

But past investments in health care, schools and public transit have laid a strong foundation for growth and new jobs in the city, McGuinty said.

"I remain very optimistic," he said, speaking to reporters during the Association of Municipalities of Ontario's annual conference at the London Convention Centre. "We must head in the direction we've already taken — investing in infrastructure."

McGuinty named several local projects and issues that have been furthered by a partnership with his government. The list included helping in the bailout of auto plants.

The automotive sector, McGuinty said, represents about 400,000 jobs in southwest Ontario, many of which are in the London area.

McGuinty said little about the host city during his address to delegates at the conference. Instead, he focused on his government's efforts to take the cost of provincially mandated services out of local budgets.

ANGELA MULLINS/METRO

▶ Premier Dalton McGuinty speaks yesterday during the second day of the Association of Municipalities of Ontario's conference at the London Convention Centre.

# Librarians, archivists threaten strike

Unionized librarians and archivists at the University of Western Ontario could join support staff at Ontario's 24 colleges on the picket lines.

The University of Western Ontario's Faculty Association has set a strike deadline of Sept. 8, 12:01 a.m. That's the earliest they can go out on strike. AM980/AM980.CA

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# FALLING UNDER LAYTON'S CHARM

PAUL SULLIVAN
METRO

I had lunch with Jack Layton once. I wrote a column about the West and the man from Toronto needed votes in the West, so we found ourselves at my favourite Szechwan restaurant in Vancouver.

The first surprise is that he ordered in Cantonese — learned from his wife, Olivia Chow. It surprised me, but the waiter was dumbfounded after so many years of being yelled at by unilingual patrons intent on ordering the fried green beans Szechwan style.

So I was impressed from the get-go.

Then we started talking about his roots in Hudson, Que., and it turned out we knew a bunch of the same people from Hudson. So after five minutes, he was my BFF.

I'm still not sure how it happened; it sure didn't take him long to get past the Dobermans. I was an easy victim of that legendary Layton charm.

But it wasn't until he started answering questions that I began to understand why more people ended up trusting Jack Layton than the rest of his party, not to mention Michael Ignatieff and the Liberals.

Ignatieff once insulted Jack by calling him a politician, but if all politicians were like Jack Layton, we'd live in a happier nation. Unlike most politicians — unlike Michael Ignatieff — Jack actually enjoyed mixing it up over fried beans and orange-peel chicken.

The interview turned into a kind of argument about energy. I asked him what he would say to oil company CEOs about the oilsands, and while he didn't reject the oilsands out of hand, he came back at me with all kinds of questions about their sustainability and about depending on an inefficient and limited source of energy when there were so many alternatives to be developed. He stuck to his guns even though it would have been better politics to stick to the usual array of meaningless messages.

Talk about energy. Jack could light a city the size of Winnipeg with the passion and enthusiasm he brought to his arguments. But he brought something else — he was comfortable with his own answers. It was as if he actually believed what he was saying.

We stayed and argued long past the hour allotted for lunch. His assistant's BlackBerry buzzed ominously but Jack kept going.

But now he's gone for good. Though not before making several million friends, including one cynical columnist, at lunch.

We'll miss him.

**"I know one thing: Jack gave his fight against cancer everything he had. Indeed, Jack never backed down from any fight."**
PRIME MINISTER STEPHEN HARPER

- **@fortunafilius** "#jacklayton was a giant of a man & a what an inspiring man he was! Thank you for everything! #loveisbetterthananger"
- **@natniles** "Canadian men should sport the 'Layton' for Movember this year in honor of Jack."
- **@bdgordonatlarge** "Just read the letter by #jacklayton. A truly happy warrior. Men: let your doctor get to know you better."
- **@elizaboothy** "Still reeling over #jacklayton. I can't imagine being this heartbroken over the passing of any other Cnd. political figure."

**"We remember the Tommy Douglas quote Jack included in every email he sent: 'Courage my friends, 'tis never too late to build a better world.'"**
INTERIM NDP LEADER NYCOLE TURMEL

## Jack Layton, 1950-2011

Looking back at the life and times of late NDP leader Jack Layton.

**July 18, 1950**
Born in Montreal and grew up in Hudson, Que. He took his BA at Montreal's McGill University in the late 1960s, when radicalism blew through campuses like a stiff gale. The rebellious vigour of the times led him to political activism.

**1969**
Marries high-school sweetheart Sally Halford. The marriage, which produced two children, ended in 1983.

**1982**
First elected to Toronto city council. Layton, seen here in 1985, served on Toronto and Metropolitan Toronto councils for 20 years. He was a politician in the mould of a people's tribune, with rolled-up sleeves, 14-hour days and seven-day weeks.

**July 9, 1988**
Marries Olivia Chow, seen here together in 1991. They would become the go-to couple of the left in Toronto politics. They rode a tandem bicycle along the waterfront, entertained, led rallies, marched in parades, ran for office and won.

**Feb. 10, 2010**
Tells public he was diagnosed with prostate cancer.

**May 2, 2011**
Layton, seen here on the campaign trail in Montreal in April, leads the NDP to a record 103 seats and official Opposition status. Two months later, he would take a leave of absence to deal with another type of cancer.

1950 1969 1982 1988 2003 2006 2010 2011

**Sept. 10, 2006**
Layton, seen on Day 3 of the 2006 NDP convention in Quebec City, receives 92 per cent approval rating.

**2003**
Elected leader of the federal NDP, winning on the first ballot. After which, Layton, seen here at a Toronto Father's Day charity event in 2004, criss-crossed the country to raise the party profile. The trademark grin, the brush moustache, the earnest optimism, the characteristic head tilt were the tools of his trade.

**Aug. 22, 2011**
Layton's death from cancer at the age of 61 spurs an outpouring of grief across the country.

TEXT: THE CANADIAN PRESS
PHOTOS: THE CANADIAN PRESS/ TORSTAR NEWS SERVICE

**An excerpt of a letter from Jack Layton to Canadians, dated Aug. 20, 2011.**

*... To young Canadians: All my life I have worked to make things better. ... As my time in political life draws to a close, I want to share with you my belief in your power to change this country and this world. There are great challenges before you, from the overwhelming nature of climate change to the unfairness of an economy that excludes so many from our collective wealth, and the changes necessary to build a more inclusive and generous Canada. I believe in you. Your energy, your vision, your passion for justice are exactly what this country needs today. You need to be at the heart of our economy, our political life, and our plans for the present and the future.*

*And finally, to all Canadians: Canada is a great country, one of the hopes of the world. We can be a better one — a country of greater equality, justice, and opportunity. ... My colleagues in our party are an impressive, committed team. Give them a careful hearing; consider the alternatives; and consider that we can be a better, fairer, more equal country by working together. Don't let them tell you it can't be done.*

*My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world.*

*All my very best,*
*Jack Layton*

READ THE LETTER IN ITS ENTIRETY ONLINE AT METRONEWS.CA

For more coverage, go online to metronews.ca/jacklayton.

▶ **Video:** Layton's appearances on The Rick Mercer Report and an interview with Nardwuar.

▶ **Photos:** Mourners pay tribute to Layton on Parliament Hill.

# Gadhafi nowhere in sight in Libya

Libyan leader Moammar Gadhafi was nowhere to be found yesterday as his 42-year rule teetered on the brink of collapse.

Months of NATO airstrikes have left his Tripoli compound largely demolished. Most of his security forces fled or surrendered when rebel forces rolled into the capital Sunday night and took control of most of the city. Rebel spokesman Mohammed Abdel-Rahman, who was in Tripoli, said the "danger is still there" as long as Gadhafi remains on the run.

"The real moment of victory is when Gadhafi is captured," Mustafa Abdel-Jalil, head of the rebel National Transitional Council, told a news conference in the opposition's de facto capital of Benghazi, hundreds of miles east of Tripoli.

He said the rebels have no idea where Gadhafi is and if he is even in Tripoli.

An Obama administration official said the U.S. had no indication that Gadhafi had left Libya.

THE ASSOCIATED PRESS

SERGEY PONOMAREV, THE ASSOCIATED PRESS

▶ A resident greets advancing rebel fighters on the outskirts of Tripoli.

### Gadhafi's life

- Gadhafi has seven sons and daughters who all played pivotal roles in his regime throughout the years.
- Two of his sons were arrested on Sunday: Al-Saadi gauhati and Seif al-Islam, the colonel's heir apparent.
- But al-Islam was freed yesterday for reasons unknown and spotted by journalists in Tripoli.

# Picking up the pieces in Goderich

## Canada's 'prettiest' small town left in shambles Locals given 12-minute warning before storm hit

Residents of a town dubbed the prettiest in Canada returned yesterday morning to homes destroyed by the most powerful tornado to hit Ontario in years, dissolving into tears as the depth of the devastation sank in.

One woman said residents of the picturesque Lake Huron community of Goderich were in obvious shock and seemed paralyzed as to what to do next.

"This is the worst damage I've ever seen," said Environment Canada's Randy Mawson, who has been investigating storms for 36 years.

As the day went on, residents busied themselves clearing debris from their homes, hauling splintered furniture to the curb. Chainsaws buzzed as some residents sliced off dangling tree limbs, while others nailed shingles to patchy rooftops.

The mayor called the wreckage catastrophic and declared a state of emergency.

Premier Dalton McGuinty pledged at least $5 million to the wind-ravaged town, which was hit with Ontario's worst tornado in the past 15 years.

THE ASSOCIATED PRESS

### Storm details

- At least 37 people were injured and a 61-year-old worker killed
- Winds of roughly 280 km/h carved a path about 500 metres wide in town.
- Environment Canada said Ontario hasn't seen a storm that powerful since 1996.
- The storm came nearly two years after a tornado claimed the life of an 11-year-old boy in Durham, Ont.

FRANK GUNN, THE CANADIAN PRESS

▶ A man and woman react as they clean up a tornado-ravaged house in Goderich, Ont.

# Hunger, death still a reality in South Sudan

Two months after cattle raiders stole his entire herd, Nyati Kelabo stalks around this desolate river town, sleeping under a tree, begging for food and worrying constantly about how he will feed his five children and two wives.

South Sudan became the world's newest country in July, amid high hopes that it would leave its violent past behind. A 2005 peace deal with the north ended a civil war and paved the way for January's independence referendum.

But the new country is already reeling from internal violence — often in the form of massive cattle raids — that is hurting communities.

The UN said yesterday that new clashes last week have killed as many as 600 people, and that reports suggest that between 26,000 and 30,000 cattle have been stolen.

Jonglei state Gov. Kuol Manyang Juuk said eight villages were destroyed when warriors from the Murle tribe in Pibor county attacked the Lou Nuer tribe of Uror county on Thursday. Juuk estimated the death toll at 125.

South Sudan's poorly disciplined security forces now face the challenge of containing insecurity not only along the contested border with North Sudan, but also among South Sudan's tribes who have not yet been made to feel that they are equal and valued citizens.

THE ASSOCIATED PRESS

## News in brief

### IRA blamed for bomb attack

**IRELAND.** Police say British army experts have defused a small bomb that two men abandoned in a North Ireland bank.

Police believe Irish Republican Army dissidents were behind the attack.

THE ASSOCIATED PRESS

### Famed Capote home in flames

**KANSAS.** Firefighters have put out a small fire at a rural southwest Kansas farmhouse where four family members were killed in 1959, sparking Truman Capote to write the critically acclaimed novel In Cold Blood.

The hunt for their killers mesmerized the nation.

THE ASSOCIATED PRESS

# TAKE ALL NEW ENDEAVOURS IN STRIDE

## SHE SAYS ...

JESSICA NAPIER
METRO

I always hated runners. As someone who only ever ran to catch the bus I thought of them as pretentious showoffs, herds of Lycra-clad gazelle sprinting through my neighbourhood and hogging the sidewalk.

Strangely, the more they annoyed me the more I wanted to be a part it and so, at the beginning of the summer, I decided that maybe I should try. Of course, I couldn't muster up the motivation to get out there by myself.

I decided that if I was going to do this, a Learn to Run training clinic was probably the best place to start.

On the first day the instructor shared the secret to running: You only ever have to run for 10 minutes, and then you walk for one minute.

By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you "This is too hard." I discovered that I could run forever if I only have to think about running another 60 seconds.

**"By maintaining a manageable 10-and-one pace, you allow your body to recuperate and are able to control that little voice inside your head telling you 'This is too hard.'"**

The first few weeks were torturous. My calves, shins, quads and other muscles that had been dormant for years were awoken in an excruciating manner.

Not only was I in constant physical pain, but I also felt self-conscious knowing that I didn't have any of the gear or gadgets to fit in with my new running club. Did I really need a GPS-enabled watch to calculate calorie expenditure and a four-bottle rehydrating fuel belt clipped around my waist?

But as the weeks progressed something unexpected happened — I started to enjoy myself. I felt better, ran faster and for longer, and I realized that if I stretched enough afterwards I could save my muscles from some of the burning pain I was inflicting upon them.

As I ran farther I started exploring new parts of the city. I came across hidden trails and waterfront paths populated with like-minded individuals, a dry-fit army bounding along with matching earbuds.

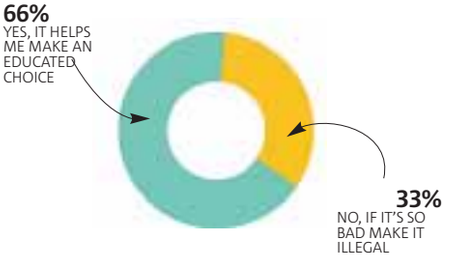
Sometimes, when I'm not too exhausted to use my facial muscles, I'll give these fellow pavement pounders a smile of recognition. I don't need to hate them any more; I'm one of them now — minus the $300 shoes and pace-monitoring shoelace clip with iPod synchronization.

Becoming a runner has made me smug — not because I think that I am better than anyone else, but because I am becoming an improved version of myself. I've been reborn to run.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

## Register at metropolitanpanel.ca and take the quick poll

**Should government label legal products such as tobacco and alcohol with warnings about adverse health impacts?**




## Local tweets

▶**@jray1000:** The Horrible Hundred was an awesome workout...Thank you for kicking my butt once again Cheryl @evofitwell ! #ldnont

▶**@jamiesonjames:** Bye summer, it was good while it lasted. #18degreehigh #ldnont

▶**@m_steve9:** London and #uwo in one week! Summer, where did you go :(? #bittersweet #fb

▶**@Evolving:** Never fails, every bus i get on there is always 2 ppl taking up 4 seats and refuse to move. #ldnont #benice #moveover

▶**@JessSeguire:** Starting to get super pumped to get back to Londontown!! :D #uwo

▶**@Jamaican_Bajan:** Why does it feel like fall already? Not looking forward2 winter but am looking forward to uggs, snowboarding :s and house parties.#uwo

▶**@meggymctavish:** tuition is PAID !! off to #LdnOnt in two weeks, #uwo love

▶**@jeremypaulmusic:** My 3 yr old daughter initiated a talk with me about what our city needs, and said that it needs parks, swings, dogs & bouncy balls. #ldnont

## Letters

May God bless peace upon Jack Layton's soul for eternal infinite time. Jack Layton fought for a poverty-less society through his whole life — we should carry his spirit and work for his aspiration!

**ABDULLAH-BAQUIE GHAZI, TORONTO**

Jack Layton demonstrated his political skill in taking advantage of the opportunity provided by the Liberals and Bloc.

He developed his party into a mass movement and used a combination of his popular support and behind-the-scenes intrigue to propel himself into the official Opposition. Furthermore, he raised the profile of national socialism, showed how a country could behave, and created a virtual certainty that he would be misjudged by opponents. His shoes will not be easily filled.

**WILLIAM PERRY, VICTORIA**

I campaigned against this man, we didn't see eye to eye on many issues, yet our hearts connected by our will to serve. His spirit will carry on in service of all who stand for social justice.

**KEVIN CLARKE, THE PEOPLES POLITICAL PARTY OF ONTARIO**

## Cartoon by Michael de Adder

WEIRD NEWS

## Suspected smugglers keep pot above water

Three suspected Mexican drug smugglers have found out the hard way that unlike their boat, marijuana floats.

Mexican marines say they rescued three suspected smugglers whose boat was sinking on the Pacific Ocean and then arrested them after finding bales of marijuana floating around the vessel.

The navy said in a statement yesterday the men had been stranded off the port of Ensenada for more than a day before they radioed for help on Saturday.

Authorities suspect the men threw the bales into the water before calling for help.

The navy said that when marines reached them, the men were removing water from the sinking boat, which had suffered an engine malfunction.

More than 120 kilograms of marijuana was floating near the vessel. **THE ASSOCIATED PRESS**

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# House costs sky-high

- RBC Economics reports home ownership costs up in the second quarter of 2011
- The Canadian Real Estate Association says costs will stabilize in late 2011 to 2012

**City Housing Ranks**

**RBC's housing affordability index measures the costs of owning a home at going market values.**

- **Vancouver is the most** expensive city with costs equivalent to 92.5 per cent of a household's monthly income, up 10.4 percentage points from the previous quarter.
- **Toronto is in second** with 51.9 per cent, up 2 points.
- **Other major cities** include: Ottawa (41.2 per cent, up 1.3 points), Calgary (37.1 per cent, up 0.6 points), Edmonton (33.8 per cent, up 0.6 points) and Montreal (42.6 per cent, up 1.4 points).
- **The national figure was** 43.3 per cent and was up 1.7 points.

Home ownership in Canada became more expensive for the second straight quarter, but recent global market and economic turmoil could actually help keep a lid on expenses by keeping interest rates low, RBC Economics reported yesterday.

During the second quarter of 2011, the proportion of pre-tax income required to service the costs of owning a home increased for all types of houses measured in RBC's housing affordability index. But that trend may turn around going forward, said Craig Wright, RBC's senior vice-president and chief economist.

"Renewed turmoil in global financial markets has caused heightened uncertainty with respect to the pace of global growth and we need to factor this into our outlook for the Canadian housing market," he said. "However, this volatility might have a silver lining; housing affordability in Canada may not deteriorate as quickly or by as much as we previously expected."

The Bank of Canada will be in no hurry to raise interest rates in Canada, which helps keep variable rate mortgage costs down.

RBC expects that the central bank will now keep interest rates at the current low one per cent until the middle of next year.

"The postponement of interest rate increases might motivate homebuyers to stay active longer," said Wright. THE CANADIAN PRESS

**Market moment**

PRICES AS OF 5 P.M. YESTERDAY

| Dollar | TSX | Oil | Natural gas | Gold |
|---|---|---|---|---|
| - 0.15¢ (101¢ US) | +60.89 (12,068.36) | + 1.86¢ US ($84.21 US) | $3.891 (- 4.9¢) | $1,891.90 (+ $39.70) |

**Stocks.** Oil

▶ Traders work in the oil options pit of the New York Mercantile Exchange yesterday. Oil prices are dropping as a rebellion in oil-rich Libya appeared close to ending.

RICHARD DREW/THE ASSOCIATED PRESS

## Restoring Libyan oil exports

**International oil prices fell yesterday because of the prospect that large oil shipments from Libya will hit the market again. It could be a year or more before this happens, but once the oil starts flowing, gasoline prices are expected to dip even further.**

# Israel good to go for Google Street View

Israel has given Google a green light to photograph its streets after a deal with the Internet giant meant to ensure its panoramic Street View service would not aide terrorists planning attacks on sensitive sites.

A panel of government ministers met for six months to draft guidelines meant to ensure Israel's security would not be compromised. Israel announced Sunday it had reached an agreement with Google Inc. on security and legal issues related to the project.

Google "agreed to all of our requests," said Moti Ohana, media adviser to Intelligence Minister Dan Meridor, who headed the committee. Ohana refused to divulge details of the security arrangements.

A spokesman for Google Israel said the company hopes to provide updates soon about the project's launching, but wouldn't say when the service will begin in Israel. THE ASSOCIATED PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

▶ An employee drives a Google vehicle around Palo Alto, Calif., to shoot "Street Views" in October 2010. Israeli officials have given Google the green light to photograph its streets and cities.

## Suncor continues halt on operations

An end to Moammar Gadhafi's rule in Libya appeared close-at-hand yesterday, but Suncor Energy Inc. isn't ready to return just yet. The Canadian oil company removed its employees from the North African nation when conflict broke out in February, and its chief executive officer has said they wouldn't return as long as Gadhafi remained in power. THE CANADIAN PRESS

**$514M**

**Suncor took a $514-million writedown on its Libyan assets during the second-quarter. Those operations make up a tiny fraction of the company's overall earnings and production.**

1.3 MILLION MORE ONTARIANS NOW HAVE A FAMILY DOCTOR.

Source: Ontario Medical Association, 2011.

**Deb Matthews, MPP**
www.debmatthews.ca

**Chris Bentley, MPP**
www.chrisbentley.onmpp.ca

**Khalil Ramal, MPP**
www.khalilramal.onmpp.ca

2 scene

## Winslet escapes fire

Richard Branson says guests including actress Kate Winslet escaped uninjured when fire tore though his luxury Caribbean home in the middle of the night. The British businessman says about 20 people were staying in the house on Necker, Branson's private isle in the British Virgin Islands. Branson said he was staying in another property around 100 metres away, with his wife, Joan, and son, Sam. Sam managed to help evacuate Winslet and other guests from the house. He said the house was "completely destroyed" and the fire was not entirely out on Monday..

THE ASSOCIATED PRESS

The Glee Project, where the winner gets a role on Glee, ends with a twist.

# The Untouchables

**The openings of Conan the Barbarian and Fright Night have remakes on the mind of moviegoers Here, a look at five classic films that Hollywood should have left alone**

### Psycho (1998)

Pretty much no one should go near Alfred Hitchcock, ever. But if you're daring enough to try, you should avoid doing a shot-by-shot remake of what is probably the master's best-known film. Still, you've got to admire Gus Van Sant's chutzpah. He shot it in colour — that's different — and added a few slight tweaks. Vince Vaughn plays the iconic Anthony Perkins role of Norman Bates and Anne Heche fills in for Janet Leigh as Marion Crane. But other than that, it's the same characters, same dialogue, same camera angles, even the same Bernard Hermann score from 1960. It's an intriguing exercise but, ultimately, a noble failure.

### City of Angels (1998)

Wim Wenders' Wings of Desire (1987) is a modern classic, and it featured one of the greatest performances by the late Peter Falk. Melancholy, thoughtful and visually arresting, it followed unseen angels who watched over Berlin, observing people's actions, listening to their thoughts, quietly shaping their lives. City of Angels, by comparison, was too obvious — it spelled everything out and its emotions were too tidy. Brad Silberling turned this subtle story into a simple romantic comedy starring Nicolas Cage (as an angel) and Meg Ryan (as a heart surgeon), two actors who make absolutely no sense together.

### The Women (2008)

George Cukor's 1939 cat fight, based on the play by Clare Boothe Luce, was intended as a satire of society mavens and their frivolous lives. In directing for the first time and writing the script, Murphy Brown creator Diane English made it a celebration. Sure, it had an all-female cast of solid actresses (Meg Ryan, Annette Bening, Cloris Leachman), as did the original, though perhaps not quite the stellar collection that included Norma Shearer, Joan Crawford and Rosalind Russell. Cukor's tone and timing were missing; English applied all the lighthearted instincts of her sitcom background and seemingly none of the insights of the source material.

### The Invasion (2007)

There've been many versions of the sci-fi classic Invasion of the Body Snatchers, but this one had the least bite. Nicole Kidman, Daniel Craig and Jeffrey Wright went to waste as a few of the last citizens who managed to remain uninfected when a gloopy substance from outer space took over the population, turning people into emotionless drones. The whole point of this story has always been to serve as a reflection of its times, This time, there were passing TV news references to the war in Iraq and North Korean leader Kim Jong Il, but the film's political ideology felt tossed-in and half-baked. Worst of all, it wasn't the slightest bit scary or suspenseful.

### The Karate Kid (2010)

This is admittedly a personal, nostalgic choice. But for anyone who grew up in the '80s, The Karate Kid inspires a deep fondness. Harold Zwart's version maintained the basic structure and even some key details, like the sweep-the-leg moment in the finale. It moved the setting from Los Angeles to Beijing, that's no big deal. The main problem was the casting of Jaden Smith, who was several years younger than Ralph Macchio was and looks even younger. And so neither the fighting nor the romance with a girl who's out of his league — two key components of The Karate Kid — made sense.

THE ASSOCIATED PRESS

## DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

**POM Wonderful Presents: The Greatest Movie Ever Sold**
**Genre:** Documentary
**Director:** Morgan Spurlock
**Stars:** Peter Berg, Paul Brennan

No corporations were harmed in the making of Morgan Spurlock's latest documentary provocation, although a few may have been a trifle embarrassed.

Many were plainly delighted, especially POM Wonderful, the juice company that paid $1 million to have its name in the film's title.

For the boss-baiting Spurlock to suddenly polka with pooh-bahs may seem strange. Has the Super Size Me guy lost the will to annoy capitalists? The answer is maybe, but the good news is that it hardly matters, if you accept the film as entertainment rather than crusading journalism.

Spurlock is simultaneously selling out and pointing out, by putting his integrity on sale for what he believes is the greater good. He wants cultural consumers to know that their eyeballs are for sale.

After convincing us of advertising's ubiquity with an opening montage, he sets out to get some for himself. Few could pull off this fan dance as well as Spurlock, who manages to be both the laughing and crying clowns at the same time.

PETER HOWELL

**The Beaver**
**Genre:** Drama
**Director:** Jodie Foster
**Stars:** Mel Gibson, Jodie Foster, Anton Yelchin

It's impossible to view Mel Gibson's utterly natural performance here without thinking of the beast within this once-beloved actor.

But Gibson's real-life antics shouldn't distract us from the film's sober intent. Director Jodie Foster and screenwriter Kyle

Killen use blunt symbols to illustrate this darkly comic story of Walter Black, a man fighting clinical depression in his own unique way: by letting a rodent hand puppet speak for him.

PETER HOWELL

# Benicio baby has arrived

## Mom, daughter of British singer-songwriter Rod Stewart, welcomes child sans del Toro

Kimberly Stewart gave birth to a baby girl Sunday in Los Angeles, according to Us Weekly.

While the baby's father, Oscar-winner Benicio del Toro, was not present at the hospital, her equally famous grandfather, British rocker Rod Stewart was.

"Benicio is the father and very supportive," del Toro's rep said earlier this year. "Although [he and Kimberly] are not a couple, they are looking forward to the arrival of the baby."

METRO

ALL PHOTOS GETTY IMAGES

▶ Benicio del Toro

## Quick Dish

### Brad and his brood reeling in the fun in Scotland

**GONE FISHIN'.** Brad Pitt isn't letting long shooting days on World War Z keep him from enjoying being in Scotland.

The actor reportedly took his sons out for a bit of fishing recently on the grounds of their lavish rented estate, according to Us Weekly.

"Brad looked very proud of the boys, despite the fact that no one managed to catch anything," a source says.

"I don't think Brad particularly cared about getting a bite.

It was just nice to spend time with the boys after a long day at work."

METRO

## Celebrity tweets

@omarepps

"Dear Russell Mora, You are a travesty to all of the legitimate referees in boxing! You should be banned from the sport! Sincerely, Me"

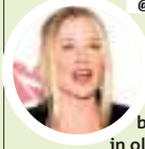
@AlecBaldwin

"I shall get a dog. And I shall name it..... Governor Rick Perry."

@SarahKSilverman

"Doing whatever I want, whenever I want, is just 1 of the great things about being single & barren."

@1capplegate



"If on a juice cleanse is it ok to have bread dipped in olive oil,since oo is technically juice and bread is..oh crap I ruined my cleanse"

## Fresh prince of the west coast

Prince Harry is heading to the U.S. The young royal will reportedly spend two months in California and Arizona training on Apache helicopters, according to the BBC. After becoming an Apache pilot, Harry could be sent back to Afghanistan next year.

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Ontario

## Sheen, Mueller trying again?

Three months after their divorce was finalized, Charlie Sheen and Brooke Mueller are reportedly "thinking of getting back together," a source tells Us Weekly.

The pair were spotted over the weekend boarding a private jet together and smiling.

"She's totally gung-ho," the source says.

"He just wants his kids to be happy, and if that means they need to be a family, then he is up for it. The kids have suffered a lot, and he feels so guilty lately."

METRO

## Radcliffe's mysterious main squeeze has a name

Daniel Radcliffe's girlfriend has been identified as Rosanne Coker, a production assistant who worked on the last three Harry Potter films as well as Radcliffe's upcoming the Woman in Black, according to the Daily Mail.

"They would really prefer to keep things quiet," her father, Malcolm Coker, tells the newspaper.

"But they have been going out for just over a year now. I have met Daniel and he is a lovely guy."

METRO

3 life

# Making time for you

**Wellness expert says the best way to recharge is with some alone time ◆ Unwind with you**

CELIA MILNE
LIFE@METRONEWS.CA

Is life too busy? Do you feel overwhelmed? Overburdened? A little solitude may be just what the doctor ordered.

"Time alone is essential to our sanity," says Dr. Susan Biali, a Vancouver-based wellness expert, life coach and author of Live a Life You Love: 7 Steps to a Healthier, Happier More Passionate You.

You need solitude to rest, reflect, plan, dream, and breathe, explains Biali.

"If you don't get enough, you'll be cranky, stressed and even depressed."

For many people, especially introverts and creative people, constant stimulation is a form of physical and mental stress, and time alone helps to balance and defuse that stress. It can actually lower your blood pressure and deepen your breathing.

Mothers with young children and people caring for others get the least down time.

"Almost any mother I speak to says she is dying for more time alone but feels selfish or guilty in wanting it." Biali's advice? "Find the right balance for you and don't feel guilty about it. Being your healthiest, happiest and most well-adjusted self if the best gift you can give to others, as ultimately you'll be able to give to them more effectively."

Signs that you need an alone fix: You are irritable, you feel like snapping, you feel like screaming, you fantasize about time alone, you feel weepy, worn out and exhausted.

Check with your doctor to make sure you're not clinically depressed.

Chances are, you just need a break.

## Get alone time

**So you need more time alone. How do you get it?**

- **Declare social bankruptcy** This is when your schedule and commitments are out of control and you feel like you might self-destruct. The next time someone asks for your time, you say, "I'm so sorry, but I've declared social bankruptcy until further notice."
- **Exercise alone.** People who are demanding of your time will accept your desire to exercise for a long and healthy life, even if they don't understand your need to be alone. Try blending the two together. Dr. Biali goes for a walk every single morning by herself, to clear her head and gain energy for the day. Or, escape to the exercise bike in the basement.

TURNER CLASSIC MOVIES

▶ "I never said, 'I want to be alone.' I only said, 'I want to be left alone.' There is a whole world of difference," actress Greta Garbo famously mused.

## Research

Research has already found that Canadians think they're skinnier and taller than they really are, but a new study suggests they're also off the mark when it comes to the height and weight of their kids. The Statistics Canada research suggests rates of childhood obesity in the country are inaccurate as they most often rely on data from parents. The study found that on average, parents underestimated their child's height by 3.3 centimetres and weight by 2.4 pounds.

THE CANADIAN PRESS

# You should try the minimum

**Even 15 minutes of exercise a day can add years to life, study finds ◆ Don't use it to slack**

Don't despair if you can't fit in the recommended 30 minutes of daily exercise. Growing evidence suggests that even half that much can help.

It's still no excuse to slack off. Regular exercise strengthens muscles, reduces the risk of some diseases and promotes mental well-being. The more exercise, the better.

But not everyone has the time or willpower. So researchers set out to find the minimum amount of physical activity needed to reap health benefits. The findings by a study in Taiwan suggest just 15 minutes of moderate exercise a day can lead to a longer life. This "may convince many individuals that they are able to incorporate physical activity into their busy lives," Dr. Anil Nigam of the University of Montreal said in an email.

Nigam had no role in the research but wrote an editorial on the study published last week.

Fitness guidelines recommend that adults get at least a half-hour of moderate workout most days.

THE ASSOCIATED PRESS

FILE PHOTO/THE ASSOCIATED PRESS

New research concludes that even 15 minutes of moderate exercise a day can add years to your life.

Female smokers' bladder cancer risk now equals that of males: study

# King of quick, cheap lunches

**King West Bar & Grill, an upscale sports bar, offers all your fave bar eats**

## LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

PAUL MITCHELL

▶ Buffalo Chicken Crunch Sandwich with salad.

King West is ideally located by the JLC to attract a crowd before and after games.

As an upscale sports bar, it has the television screens, theme decor and all-deep-fried menu that fans want.

My companion and I bask in the sunlight of its rooftop patio. The predictable menu offers wings, sandwiches and various Italian standards along with a team platter ($19) that serves a combination of appetizers.

We are drawn to the inexpensive Express Lunch Menu.

Both of us order the Buffalo Chicken Crunch Sandwich ($6.99), mine with salad and hers with sweet potato fries ($1 extra).

The honey-garlic sauce on the chicken is flavourfully sweet and tangy. The breading is crunchy with an impressive bun. The salad is overdressed with creamy chili-ranch but generous with cheese and fresh vegetables.

King West is unquestionably a sports destination despite the sophisticated, trendy design. It is a good spot to grabs drinks and a quick affordable lunch.

**King West Bar & Grill**
**93 King St.**
**519-204-4044**
**kingwestbarandgrill.com**
**Client negotiations: Yes**
**Quick solo lunch: No**
**Price range: $6.99 - $16**
**Rating: 3.5 out of 5**

MATTHEW MEAD/ THE ASSOCIATED PRESS

## Doctored Ice Cream

No time to whip up homemade ice cream? You can doctor the purchased variety.

### Preparation:

1. Open ice cream and microwave on high power for 30 seconds. It's best to work in 10-second intervals, checking ice cream between each. You are aiming for just soft enough to mix with a spoon, but not melted.
2. Transfer softened ice cream to large bowl and add the ingredients of your choice. Mix well, then transfer to a litre-size container with a tight lid. Freeze until solid, 1 to 2 hours.

THE ASSOCIATED PRESS

### Ingredients:

- 500 ml (1 pint or 2 cups) vanilla or chocolate ice cream

**Add-In Suggestions**

- Dried cherries and broken chocolate-covered pretzels
- Crumbled chewy molasses cookies and apricot jam
- Crushed banana chips, mini marshmallows and mini chocolate chips
- Cubed pound cake and chopped strawberries
- Almond extract and chunks of marzipan

# A GIFT THAT MAKES YOU GIVE

## CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA
FOR MORE, VISIT CHARLESMACPHERSON.COM

**I received a gift certificate from a girlfriend for X-mas. It is for both of us (it was a two-for-one deal) at a spa. After reading the fine print I noticed that "we" are responsible for tax and tip. My question is this: should I have to pay for my half? I didn't expect to have to end up paying for a gift. Fifteen per cent tax and 15 per cent tip (at least) is going to end up being kinda spendy on the $200 gift certificate. Am I wrong to expect her to pay for at least the tax and I can be left to decide what tip I would leave? Karen**

Dear Karen,

I fully agree with you that it would be correct for your friend to pay the taxes on the gift that she has given you.

However, I suspect that this is going to end up your expense. I find it strange that the taxes were not collected at the time of purchase, however it is what it is. Putting taxes aside, any gratuity would be your responsibility unless your friend advises you that she has taken care of this.

**HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.**

ISTOCK

▶ Gift certificates can sometimes be a tricky gift.

# LESSONS IN CHEAP

## FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Feeling stressed about back-to-school shopping? You're not alone! According to a July 2011 survey conducted by VISA, Canadian households are frazzled by the crowds and are feeling gouged at the till.

The average family plans to spend $400 dollars this year on back-to-school paraphernalia. Of that, almost 50 per cent will be allocated towards clothing.

Save money on back-to-school shopping by slicing your budget in half, starting early and getting creatively frugal. Take an inventory of what you already have; pens, paper, software, backpacks, etc. Don't buy new supplies just because Junior wants them. Shop for necessary supplies throughout the year when stores have sales. Many stores are suffering from low consumer spending and plan to blow out inventory at clearance prices this fall to stimulate sales volumes. Get there early before the quality supplies have been picked over.

Hit up thrift shops, garage sales, neighbourhood clothing exchanges, and websites like eBay or Craigslist. See if you can pick up gently used supplies, computers, furniture, or clothing.

Costco or other wholesalers carry a variety of back-to-school inventory at affordable prices. If your kids have outgrown clothes or no longer need their textbooks, sell them on consignment or exchange with another family.

You don't need to spend hundreds of dollars on back-to-school shopping. School is a place of learning, not a fashion show.

# Is the fund love mutual?

## ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

As the last 10 days, and indeed the last 10 years of the stock market have taught us, the financial you-know-what hits the fan on a pretty regular basis.

Recently, many pundits have urged us not to sell our holdings (usually mutual funds) in a panic because good investments will survive the carnage.

This is essentially the buy and hold philosophy, which has been a staple bit of investment advice for decades.

The trouble is it works just fine for mutual fund companies and commission based advisors because they get paid through fees as long as you hang on to your funds. But it doesn't work for most investors.

The reason is that during market meltdowns bad investments are hauled down further than good ones. They also take longer to recover and some never do.

How do you know you've got a stinker of a fund? Easy. Look it up. One of the best sites is morningstar.ca. Type in the name of your fund then click View Quicktake Reports.

Look down the quote page to the performance chart to see how well the fund has done over time compared to its category.

The chart will show a graph with three lines indicating how your fund fares relative to its category and also relative to the broader market.

For example, a broad-based Canadian equity fund would be compared against its category and also against the S&P/TSX Composite Index.

ISTOCK

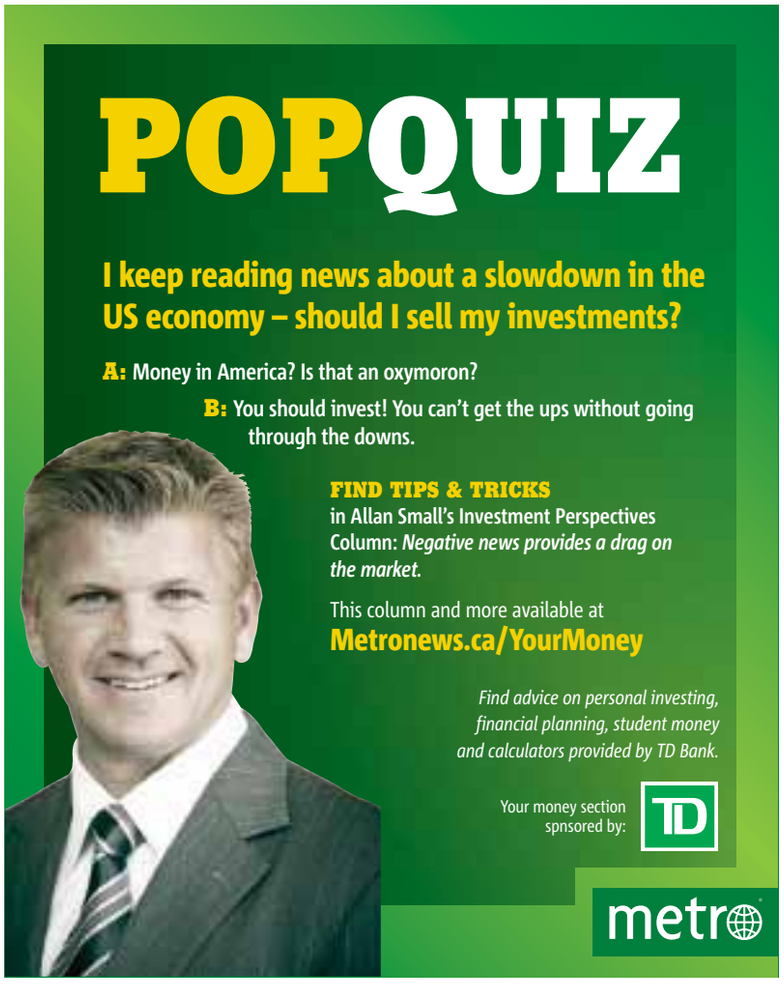
▶ Alison's money rule: A down market is the perfect time to evaluate the quality of your mutual funds.

You can also ask your advisor to pull up the same information for you on each of the funds you hold.

Note that most mutual funds will not perform as well as the index. Your goal is to have funds that outperform their category.

If any of your funds are sub-par you may want to sell and buy better ones in the same category (check into deferred sales charges first).

You will likely still get sucked down by stock market meltdowns when they happen but a good fund will ride it out much better than its lower quality cousin. **CONTACT ALISON AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM**


POPQUIZ
I keep reading news about a slowdown in the US economy – should I sell my investments?
A: Money in America? Is that an oxymoron?
B: You should invest! You can't get the ups without going through the downs.
FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: Negative news provides a drag on the market.
This column and more available at
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Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
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# A year spent in the rough

STEVE DYKES/GETTY IMAGES

▶ Graham DeLaet entered three events in June before his back pain returned.

**Back problems have kept Graham DeLaet from following up on his strong PGA debut in 2010**

This was supposed to be Graham DeLaet's time to shine.

With an impressive rookie season on the PGA Tour under his belt and a wide open landscape in Canadian golf, the 29-year-old from Weyburn, Sask., seemed poised to step to the forefront of the sport in this country.

Instead, his 2011 season never even got off the ground. DeLaet had back surgery the first week of January and appears likely to finish the year having only played a handful of tournaments.

"When I'm feeling 100 per cent, I'm going to (return)," DeLaet said yesterday in an interview. "I'm not going to do it any sooner than that."

He already got a small taste of what it's like to come back too soon, having entered three events in June before the soreness and stiffness returned.

There remains a possibility he might take part in the PGA Tour's Fall Series — four tournaments held in October following the playoffs — but it is far from certain. That was the best stretch of events DeLaet played as a rookie last season and allowed him to keep his fully exempt status.

It would be tough to let them pass by this year.

"I played well in the Fall Series last year so that part of me wants to get going," said DeLaet. "But at the same time, I had that feeling in June and I went out and played and it was just too early. The competitor inside me wants to go but I think you have step back and look at the big picture before you make any kind of commitments."

**"There was a time in December, January and February — when I was in really bad pain and right after my surgery — when you think about the worst things. The worst thoughts cross your mind: 'Will I ever be able to play again?'"**
**GRAHAM DELAET**

There is some reason for optimism. DeLaet's back has progressively started feeling better in recent weeks and he's found himself able to perform more challenging positions in bikram yoga.

DeLaet plans to ask the Tour for a medical exemption that will give him 26 total tournaments in 2012 to earn the equivalent of 125th spot on the money list this year.

The back problems date back to an injury DeLaet suffered while playing hockey as a teenager. The pain became unbearable towards the end of last year, forcing him to have surgery to remove a portion of a herniated disc.

THE CANADIAN PRESS

# Raiders roll dice on Pryor

The Oakland Raiders used a third-round pick yesterday in the NFL's supplemental draft to select former Ohio State quarterback Terrelle Pryor.

The Raiders and the league announced that Oakland used the 18th selection of the round for Pryor.

Pryor will not be eligible to practice with or play for Oakland during the regular season until the team's sixth game. When he was allowed to enter yesterday's draft, he was handed a five-game suspension by commissioner Roger Goodell. Pryor gave up his final season with the Buckeyes after an investigation into the team's memorabilia-for-cash scandal.

THE ASSOCIATED PRESS

BARRY REEGER/THE ASSOCIATED PRESS

▶ Terrelle Pryor

## Sports in brief

### Cubs put shortstop on bench

**BASEBALL.** Cubs shortstop Starlin Castro was held out of the starting lineup against Atlanta last night, one night after television cameras caught him not paying attention in the field as a pitch was thrown.

THE ASSOCIATED PRESS

### Silver medal for Canada

**BASKETBALL.** The Canadian men's basketball team are heading home with silver from the World Universiade, after losing to Serbia 68-55 in yesterday's final.

THE CANADIAN PRESS

4 sports

**Quoted**

**"(The) diagnosis had initially been like a shot to the head. The bone still hurts me. It remains under control, just, but we can never drop our guard."**

TENNIS STAR RAFAEL NADAL IN HIS NEW AUTOBIOGRAPHY, RAFA. THE SPANISH PLAYER WRITES THAT DOCTORS DISCOVERED A RARE FOOT INJURY IN 2005 THAT HAD THE POTENTIAL TO SIDELINE HIM FOR GOOD, PROMPTING THOUGHTS OF A FUTURE IN GOLF.

Scan code for more sports news.

# Orton makes QB choice easy for Broncos

## Tim Tebow and Brady Quinn left to battle for Denver's No. 2 spot with two pre-season games remaining

Denver Broncos coach John Fox has seen enough to name Kyle Orton his starting quarterback.

But No. 2 is still up for grabs.

Fox said Tim Tebow and Brady Quinn are still vying for the job as Orton's primary backup.

Because the league's new rules don't mandate teams designate their quarterback rotation on game day anymore, the winner of that QB competition might remain a mystery, barring an injury to Orton.

The Broncos began training camp trying to trade Orton but when no teams made an offer, they opened the competition and Orton quickly showed he was the best of the bunch.

**110**

**Kyle Orton has a 110.0 QB rating in the pre-season. Brady Quinn's passer rating is 95.1. Tim Tebow has the best rating of all three at 113.4, but has been sacked twice and was relegated to mop-up duty against the Buffalo Bills on Saturday.**

"Well, we've talked to the quarterbacks, in particular Kyle," Fox said after practice yesterday. "We're going to name him the starter for the opener against the Raiders (on Sept. 12). We've not really reached a conclusion on two or three yet, and won't, probably, until after the pre-season games."

Orton's starting status hasn't really been in doubt since Day 1 of training camp, when he showed the gulf between him and the others was enormous.

Tebow, who started the final three games last season and thought he'd come into camp as the incumbent, might slip to the No. 3 job as he continues to struggle with accuracy and mechanics while Quinn shows vast improvement from last year, when former coach Josh McDaniels didn't play him during the regular season. THE ASSOCIATED PRESS

JACK DEMPSEY/THE ASSOCIATED PRESS

▶ Broncos tight end Virgil Green, left, congratulates quarterback Kyle Orton on a touchdown against the Buffalo Bills on Saturday in Denver.

# metro classifieds

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FOR SALE
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with Bob & Mary
Beginners Program
Starts Tuesday Sept 6th
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metro play

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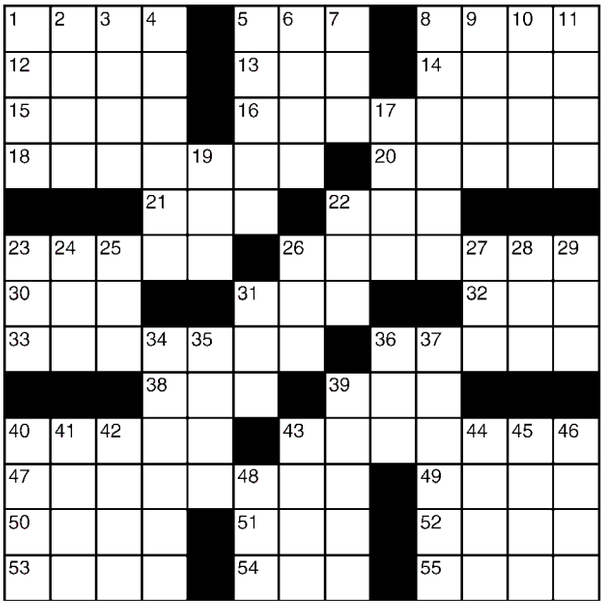
## Crossword



**Across**

1 Difficult
5 Burst
8 Crooned
12 Old map abbr.
13 Exist
14 Akron's state
15 Wash
16 Wearables
18 Wearables
20 Deep canyon
21 Kids' pie filling?
22 Letter between ex and zee
23 Rush
26 Wearable
30 Wapiti
31 Arctic diving bird
32 Vast expanse
33 Wearables
36 Occurrence
38 Sailors' org.
39 Sheepish remark
40 "Ivanhoe" author
43 Wearable
47 Wearables
49 Entreaty
50 Anise-flavored Greek liqueur
51 Playground game
52 Black, in poetry
53 Adolescent
54 Pigpen
55 Unpleasantly moist

**Down**

1 Storytelling dance
2 Without delay, on a memo
3 Invitation initialism
4 Saw things in the night?
5 Manhandled
6 Exam format
7 Apiece
8 Fruity dessert
9 Captain's call
10 See 23-Down
11 Leaves
17 Week components
19 Wish otherwise
22 Stir-fry pan
23 With 10-Down, important woman
24 — carte
25 Enjoy Aspen
26 Slice
27 Work with
28 Fellows
29 Dine
31 Raggedy one?
34 Sheep meat
35 Bk. before Job
36 Listener
37 Improvised
39 Loose, as pants
40 Edinburgh resident
41 Hint
42 Leak slowly
43 Summertime pest
44 Exile isle
45 Night light
46 Propane holder
48 "— Impossible"

▶ Yesterday's answer

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | T | C | H | | S | A | G | | R | O | M | A | | |
| S | H | O | O | | A | D | A | | E | D | A | M | | |
| N | O | N | O | | M | O | N | O | P | O | L | Y | | |
| T | U | N | D | R | A | | G | N | O | M | E | S | | |
| | | | O | U | R | S | | A | T | E | | | | |
| M | O | N | O | L | I | T | H | | S | T | I | R | | |
| P | R | O | | E | U | R | O | S | | E | R | A | | |
| G | E | N | T | | M | O | N | O | G | R | A | M | | |
| | | S | O | W | | P | O | L | O | | | | | |
| I | C | E | B | A | G | | R | O | L | L | O | N | | |
| M | O | N | O | X | I | D | E | | D | I | D | O | | |
| A | L | S | O | | R | U | E | | E | R | O | S | | |
| M | E | E | T | | L | O | S | | N | A | R | Y | | |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 3 | | | 9 | | 6 | | |
| | | | | 4 | | | 8 | 7 |
| | | | | 5 | 7 | 1 | | 3 |
| 1 | 2 | | | | 3 | | 4 | |
| | | | | 2 | | | | |
| | 6 | | 7 | | | | 5 | 2 |
| 6 | | 9 | 5 | 3 | | | | |
| 8 | 5 | | | 7 | | | | |
| | | 3 | | 1 | | | 6 | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 2 | 6 | 1 | 3 | 5 | 7 | 8 | 4 |
| 4 | 1 | 5 | 6 | 7 | 8 | 2 | 3 | 9 |
| 8 | 7 | 3 | 4 | 9 | 2 | 1 | 6 | 5 |
| 5 | 8 | 1 | 3 | 4 | 7 | 6 | 9 | 2 |
| 2 | 3 | 4 | 8 | 6 | 9 | 5 | 1 | 7 |
| 7 | 6 | 9 | 2 | 5 | 1 | 3 | 4 | 8 |
| 3 | 5 | 2 | 9 | 1 | 4 | 8 | 7 | 6 |
| 1 | 9 | 7 | 5 | 8 | 6 | 4 | 2 | 3 |
| 6 | 4 | 8 | 7 | 2 | 3 | 9 | 5 | 1 |

## Send a KISS

**You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.**

*M.T.C - Hey my love, reminding U that your my everything, my world nd my heart!! I can't wait for my knight nd shining armor to arrive at my front door, so we can continue our journey together....:> Luv u with all my heart nd soul baby...nd if your a good boy you will be rewarded greatly when u come home!!!!*
**T.I.N.A.**

*Jiffy - I love you so much sweetheart, you mean everything to me, I wouldn't be myself without you :) I wanna thank you for loving me back just as much as I love you. Remember your my jelly to my peanut butter and jelly sandwich :) I love you baby!*
**SMUCKERS**

*MAN - Forget not about me. Please always remember. Even though you have a girlfriend, I will be your best friend, until our happily ever after.* **WOMAN**

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** If certain people disapprove of what you are doing that's a sure sign you are doing the right thing.

**♉ Taurus April 21-May 21** No matter how reserved you may be most of the time you will go right the other way over the next 24 hours, and with good reason.

**♊ Gemini May 22-June 21** Move with the times, even if it means making sacrifices that might not come easy.

**♋ Cancer June 22-July 22** You have grown tired of doing the same old things in the same old ways, so by all means shake things up a bit.

**♌ Leo July 23-Aug.23** Do something random and irregular today, something that reminds friends and work colleagues alike that they should never take you for granted.

**♍ Virgo Aug. 24- Sept. 22** Do you know what it is you are aiming for? All you have to do now is go on and get it.

**♎ Libra Sept. 23-Oct. 23** Life always balances itself out in the end – so why worry?

**♏ Scorpio Oct. 24-Nov. 22** Change is not something to be feared but welcomed.

**♐ Sagittarius Nov. 23-Dec. 21** Anyone who expects you to give up on something just because they have placed obstacles in your path doesn't know you too well.

**♑ Capricorn Dec. 22-Jan. 20** Certain people need to be reminded just how special you are.

**♒ Aquarius Jan. 21-Feb. 18** A new money-making opportunity will help wipe out your debts.

**♓ Pisces Feb. 19-March 20.** Always ask for help, and you'll always get it. SALLY BROMPTON

## Caption contest

ITSUO INOUYE/ THE ASSOCIATED PRESS

AL BEHRMAN/ THE ASSOCIATED PRESS

WIN!

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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metro

# Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada in 2008 to accept a job with a high-tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine native, and Branch Manager at Scotiabank's Courtland & Shelley branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived six years earlier. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home, he connected with Cris once again for a mortgage[1] pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high-interest savings accounts, to save for a downpayment, or Registered Education Savings Plans (RESP)[2] for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

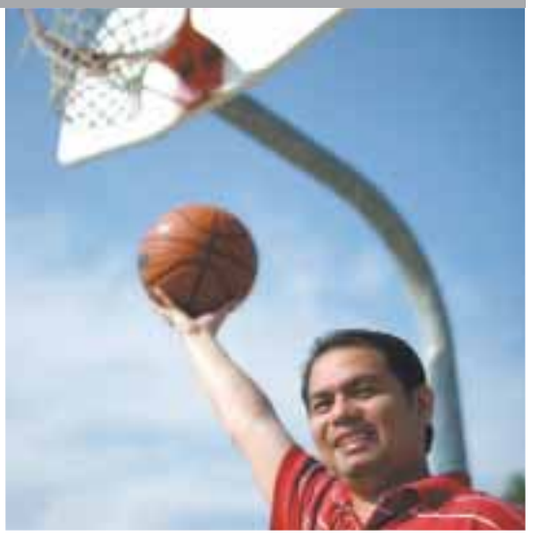
Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The ***Scotiabank StartRight*** Program[3] for Newcomers includes a free day-to-day bank account for one year[4], a wide range of VISA* card options[5] and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a *Scotia*® advisor who helped them obtain their new home earlier this summer.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.



Good advice from Scotiabank helps Philippine native Ronald Miranda enjoy court time with his family.

## Enter for a chance to win $10,000.*

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The ***Scotiabank StartRight***® Program†, specially designed for newcomers, helps you get started by offering a chance to have $10,000 in your bank account! Enter for a chance to win at **startright.scotiabank.com/srcontest**.

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**2.** *Scotia*® RESPs are held with the Bank of Nova Scotia Trust Company.
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**4.** Offer available for one year when you open a new *Powerchequing*® account with Scotiabank. Free banking refers to personal account level service fees only. This includes all account monthly transaction fees. It does not include fees not covered by your banking package nor fees charged by other financial institutions. Fees not covered with the Powerchequing account, including access fees to use non-Scotiabank banking machines (e.g. Interac®, VISA* or PLUS* fees), continue to apply. Cardholder service fees continue to apply for using the cross-border debit service.
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‡The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's *Scotia Powerchequing*® account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's *Scotia Powerchequing* account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to **startright.scotiabank.com/srcontest**.